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VANIER VS...



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ISTOCK

Hospital hit again

COURT

Construction company files second lawsuit



Joe Lofaro
Metro | Ottawa

There's a fresh twist in the legal saga at the Ottawa Hospital — it is now being sued by one of the construction companies alleged to have been a part of a massive kickback scheme.

DRS Construction filed documents in Ontario Superior Court last Friday relating to a fight for \$16,114 in construction liens. The company named The Ottawa Hospital and The Ottawa Health Sciences Centre as defendants in that suit.

The civil lawsuit claims the hospital failed to pay DRS Construction for two projects done at the hospital last year. None of the allegations in the court filing have been tested in court.

This latest case is in addition to

another \$1.5-million civil suit filed in November and amended a month later, in which the same firm alleges the hospital refused to pay DRS for completed work.

Metro reached DRS Construction director Gerry Dube by telephone Monday, but he declined to comment on this latest suit.

The Rockland, Ont.-based firm is also caught up in a sweeping lawsuit launched by the hospital in January, which alleged two of its former directors were behind a massive kickback scheme.

That lawsuit — which is separate from and unrelated to the suit that DRS filed last week — alleged the two former hospital directors paid inflated prices to certain contractors, gave them insider information on construction projects, and helped rig bids in their favour.

None of the allegations in that civil proceeding have been tested in court.

The Ottawa Hospital also declined to comment on the new court filing or provide details on the work done by DRS Construction.

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SHOWS WORTH SEEING AT THE WINTER JAZZ FESTIVAL

The TD Ottawa Winter Jazz Festival starts this week with a jazz-folk combo and ends with an acoustic guitar trio reminiscent of Radiohead and Rush. Get your eclectic fill at the National Arts Centre's Fourth Stage.

LUCY SCHOLEY METRO



1 Montreal Guitare Trio (MG3)

You may hear hints of Radiohead, Jorane and Rush in the soft tunes of this acoustic Quebec guitar trio on Sunday at 8 p.m. Buy your tickets online at ottawajazzfestival.ca or in person at the event's box office on 294 Albert St., Suite 602.

2 Petr Cancura's Crossroads with Lynn Miles

The man behind jazz fest's musical lineup will be on the stage himself. Juno-nominated saxophonist Petr Cancura, the event's programming manager, will play an opening set with his Crossroads band and award-winning folk singer Lynn Miles. Their show gets underway Thursday at 7:30 p.m.



COURTESY JUAN HITTERS

3 David Virelles & Román Díaz

Afro-Cuban jazz musician David Virelles has been called a leading musician of his genre. His latest album, *Mbòkò*, topped year-end roundups in the New York Times, NPR and the Village Voice. The duo take the stage on Saturday starting at 9 p.m.



4 Mouse on the Keys

With nothing more than two keyboards and a drum set, this Japanese trio punches out a complex prog-jazz-funk sound. They play on Sunday starting at 6 p.m.

5 Fraser Hollins Quartet

Big names are behind the Fraser Hollins Quartet. Besides heavyweight bassist (and Ottawa native) Fraser Hollins, the band includes Juno Award-winning saxophonist Joel Miller, Joni Mitchell pianist-backer Jon Cowherd and renowned drummer Brian Blade, who has recorded with Bob Dylan. Catch them on Friday at 9 p.m.



FIRST RESPONDERS

Province launches PTSD strategy

Ontario's labour minister announced plans Monday to help first responders deal with post-traumatic stress disorder, and suggested it would be recognized as a work-related illness for police, firefighters and paramedics.

The stress and danger faced by first responders can have a lasting and serious effect not only on their physical health, but their mental health as well, said Kevin Flynn.

"Research shows first responders are at least twice as likely as the general population to suffer from PTSD, and that PTSD results in more suicide attempts than all other anxiety disorders," he said.

The Liberal government is taking action "to do what we can to address this issue," Flynn said in a speech to the Ontario Firefighters Association.

"This includes looking at your coverage under the Workplace Safety and Insurance Act, because right now, in order to be covered, you need to be able to demonstrate you were injured on the job," he said.

New Democrat Cheri DiNovo, who introduced five private member's bills over several years trying to extend WSIB coverage to first responders with PTSD, said the government must take steps to recognize that they got sick on the job.

"We have the highest rates of suicide in the country for first responders. Something's got to give," said DiNovo. Manitoba and Alberta already recognize PTSD as work-related for first responders, she added.

Flynn said the province's approach will include "both preventative and legislative measures," as well as grants to better understand triggers and optimal prevention techniques.

THE CANADIAN PRESS

Police identify victim in fatal restaurant shooting

CRIME

Marwan Arab, 20, was known to law enforcement



Joe Lofaro
Metro | Ottawa

Ottawa police are still on the hunt for a suspect in the city's second murder of the year, in which one man was shot dead and another was wounded in

the middle of a Pinecrest restaurant.

The police service identified the victim as 20-year-old Marwan Arab of Ottawa. He was shot dead in the Shifa restaurant on Cobden Road, near the intersection of Iris Street, at about 5:30 p.m. on Sunday.

A 22-year-old man was also caught in the gunfire and he remains in stable condition in hospital. Police say the man, who is a relative of the victim, is expected to survive his injuries.

Acting Staff Sgt. Darren Vinet told a news conference



We know it wasn't a random shooting.

Acting Staff Sgt. Darren Vinet

Monday that investigators have yet to determine if the shooting was gang-related and are asking the public to come forward with any information.

"We know it wasn't a random shooting," said Vinet, adding that the victim was known to police.

Police are looking for a suspect who they say fled the scene on foot after the shooting.

Several officers were on scene Monday combing the area to look for evidence as others turned to video surveillance footage for clues. They stuck to searching only the plaza on Monday, said Vinet.

A Libyan news website published an article Monday claiming to identify the deceased victim as a foreign student from Libya alongside a photo purportedly of Arab. The web-

site claimed the victim was a Libyan national and the second victim was his cousin.

Metro was unable to verify the website's claims.

The incident was the city's sixth shooting of the year.

Interviews with witnesses continued Monday. Anyone with information is asked to call Ottawa police's major crime unit at 613-236-1222, ext. 5493.

Anonymous tips can be submitted by calling Crime Stoppers toll-free at 1-800-222-8477 (TIPS), or by downloading the Ottawa police app.



WEATHER SUNSHINE BEFORE THE STORM

The centre block of the Parliament buildings is reflected in a puddle as a woman walks past on Monday. Overnight rain and above-zero temperatures in Ottawa were expected to end with a winter storm on Tuesday. ADRIAN WYLD/ THE CANADIAN PRESS

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The Canadian Payday Loan Association argues most borrowers are not impoverished and vulnerable but rather employed and middle-class. STEVE RUSSELL/TORSTAR NEWS SERVICE

Open season on loan sharks

metro EXCLUSIVE

Residents aim to keep payday companies out of Vanier



Haley Ritchie
Metro | Ottawa

Some Vanier residents say they're ready to wage a campaign against the businesses that make up the neighbourhood's "financial district" of pawn shops and payday loan companies along Montreal Road.

"People in Ottawa used to say 'Not in my backyard,' and it ended up in Vanier," said researcher and Vanier resident Peter Kucherepa. "Now we're saying 'Not in our backyard, either.' We want a fair system of rules across the city."

The ward's councillor, Mathieu Fleury, is working with

city lawyers on zoning rules that would prevent payday loan shops from clustering on main streets.

Both Fleury and the anti-poverty group ACORN, which has for years been pressing for more regulations, insist that the businesses take unfair advantage of low-income residents.

They say the payday loan option is particularly appealing to people with low credit scores who may not be able to rely on banks for quick cheque deposits and short-term loans.

Payday loan shops, on the other hand, are more than happy to give quick cash — though it often comes with a pricey fee and high interest rates.

"They target low-income neighbourhoods and they target the most vulnerable in our community," said Fleury. "It's not the access to the money that's the issue, it's the amount they take from residents. You get trapped."

Unsurprisingly, the Canadian Payday Loan Association disagrees.

Last month, when president Stan Keyes heard of Fleury's proposal, he wrote a letter to the mayor and councillors.

Most borrowers are employed and middle-class, Keyes wrote. He also said that when stores cluster on main streets, it's because of the business rather than the income levels of residents.

"They're not all located in low-income areas," he said in an interview. "The vast majority open in high-traffic areas, the downtown core and places where people walk and go shopping."

An analysis by Metro found that — in Ottawa, at least — the majority of payday loan shops do tend to match up with areas that have larger percentages of low-income residents.

Two of the areas with the most payday loan shops are Vanier and Overbrook.

Tina Ford, who lives in

“

I know I'm being ripped off, but it still helps.

Tina Ford

Sandy Hill, admits that in the past five years there have been few months when she hasn't visited a payday loan store on Rideau Street and Montreal Road.

She knows it costs her more money in the long run, but Ford says she still needs groceries to feed her family, even when cash runs out between paycheques.

"It means I'm poor by the time I get my second paycheque, because I have to pay the loan off. I just never have enough money," she said. "It's not good, but it saves you. I know I'm being ripped off, but it still helps."

"They're making people poorer," she said.

But Keyes said that more regulation would just put regulated stores out of business while the demand for short-term loans remains.

"We should take the politics out of payday," he said. "It appears councilors want to do things, but they will have unintended consequences for the very people they try to protect."

In his letter, he writes that the industry is shrinking because of "the cap on fees that can be charged, the costs of regulation and the growth of the online (unlicensed) lending industry."

Keyes said banks aren't interested in providing the same service because the short-term loan industry is high risk.

Fleury and ACORN members admit that the banking system is the heart of the problem, with payday loan companies just a "symptom" of a problem caused by a lack of low-income banking options.

"The issues are complex, because three different lev-

els are involved," said Fleury, who would like to see legislation that forces banks to consider the needs of low-income residents.

He cites certain policies like week-long holds on deposited cheques that can mean the difference between making rent payments.

"The current banking system doesn't look at low-income residents as a key client. It puts them on the fringe and forces them to use businesses like payday loans," said Fleury.

While Fleury would like to see the bank system change, the City of Ottawa doesn't have that power. Since zoning is what the city can control, that is where they will aim.

The city's lawyers are analyzing the issue, but Fleury said he expects changes to be introduced to council in February.

"We can't claw back existing ones but we could prevent more and control them more in low-income neighbourhoods," he said.

Want to be a senator? You'll need help

VACANCIES

Only people nominated by a group can apply right now



Michael Woods
Metro | Ottawa

Want to apply to be a Canadian

senator? Unless you have some organizational backing, you'll have to wait a little longer.

For now, the Liberal government's new Senate appointment advisory board is only accepting applications from people nominated by a particular group.

When the government unveiled its new Senate appointment process in December, they said individual Canadians would be able to apply.

But that won't happen right

away. First, the board will be consulting with a wide swath of organizations in search of "exceptional individuals" to quickly fill five vacancies from Manitoba, Ontario and Quebec.

"Application forms from individuals without a corresponding nomination from an organization will not be considered," a release from the Privy Council Office said.

"But individuals will have an opportunity to apply once the

22

The number of current vacancies in the Senate.

permanent phase of the new Senate appointments process is launched later this spring."

Nominees have until Feb. 15 at noon to submit applications to the advisory board.

Organizations must fill out a form that includes a one-page "nomination rationale" explaining why they're recommending the person.

The nominee has their own five-page form to fill out, which includes information on residence (a thorny issue in the Senate recently), political activities, criminal convictions and personal qualities.

A C.V., one-page personal statement and three references are

also required. In addition, the applicant must consent to background checks by the RCMP, CSIS and the CRA.

The nine-member advisory board, charged with recommending possible Senate appointees to Prime Minister Justin Trudeau, was formed last month. It's chaired by former University of Ottawa chancellor Huguette Labelle.

The Senate has 22 vacancies overall.



Mary Ballantyne is the executive director of the Ontario Association of Children's Aid Societies. JIM RANKIN/TORSTAR NEWS SERVICE

CHILD PROTECTION

Adoptions on hold during case reviews

Hundreds of adoptions have been put on hold in Ontario as a provincially appointed commission reviews child protection cases involving flawed drug tests.

The Ontario Association of Children's Aid Societies said Monday between 200 and 300 cases have been flagged for review because they involved a now discredited program that used hair analysis to test for drug and alcohol use.

Mary Ballantyne, the organization's CEO, said that includes cases where a child has been placed in an adoptive home but the adoption has not yet been finalized, as well as those where a child was eventually to be placed in an adoptive home.

The process has been paused while an independent commis-

sion led by provincial court judge Judith Beaman examines cases affected by inaccurate testing by the Motherisk Drug Laboratory run by the Toronto Hospital for Sick Children, she said.

It's unclear how long families will have to wait to find out whether the adoptions can go ahead. The commission knows "the importance of trying to move forward as quickly as possible with these decisions, knowing that there are families and children who are waiting for the results," Ballantyne said. "Families are concerned and wanting to know what impact this might have on their plans as a family, and certainly wanting to be able to move forward with their plans as quickly as possible," she said.

THE CANADIAN PRESS

RESCUE EFFORT

Search continues for man who fell off ferry

The search continues for a 23-year-old man who fell off the Wolfe Island Ferry and into Lake Ontario last week.

Ontario Provincial Police say ferry crew were alerted Friday afternoon that a man had gone overboard.

Police started looking for him, with help from the Joint Rescue Co-ordination Centre in Trenton, Ont.

On Saturday, the OPP underwater search and recovery unit arrived in Kingston to help with the effort. Police say the incident isn't considered suspicious. THE CANADIAN PRESS



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Canadian twist to Titanic

HISTORY

Nova Scotian survivor's tale inspires show at the NAC



Lucy Scholey
Metro | Ottawa

The \$4,000 wedding trousseau in Hilda Mary Slayter's luggage went down with the Titanic.

But the 30-year-old debutante became the only Nova Scotian who survived the famous Atlantic disaster and she helped others board lifeboats, where they stood floating for hours among the icebergs.

Oral historian and musician Rosalee Peppard retells this fascinating and little-known story through *Living Titanic*, a one-woman show coming to the National Arts Centre next week.

"Nobody heard of her. She was a footnote in Halifax," said Peppard.

The Maritimer, who now lives in Oshawa with her husband, came across Peppard's



Rosalee Peppard plays the part of Hilda Mary Slayter, the only Haligonian survivor of the Titanic, in *Living Titanic*. CONTRIBUTED

story after she was asked to write a song for the 100th anniversary of the Titanic. The play is told through the words of Slayter's journal, with music in the style of the day.

Slayter was born into the upper crust of Halifax society.

"Nobody heard of her. She was a footnote in Halifax."

Rosalee Peppard

She was an educated woman for her time, having studied music, several languages and

attending Dalhousie University.

She went to Europe for a wedding dress and boarded

the Titanic in Ireland with a second-class ticket. She was heading back to Canada, via New York, to marry Harry Reginald Dunbar Lacon, the son of a British MP. Despite the tragedy and losing her dress, the couple still wed on time, on June 1, 1912.

But it's not the dress that strikes Peppard. It's a line from Slayter's journal, which her mother told her after her father died: "Life is a test of character and not a time of frivolity." The show is anchored on this line.

Since 1999, Peppard has been interviewing women elders and retelling history through their stories.

"Our society tends to harken back to — or echo — acquisitions, land titles, and that tends to be in the men's realm," she said.

"Women were not persons in Canada until 1921. Hilda was not a person at that time, remarkably."

The Ottawa Storytellers group is bringing *Living Titanic* to the National Arts Centre's Fourth Stage on Thursday, Feb. 11 at 7:30 p.m.

For information on tickets, visit nac-can.ca.

FUNDRAISING

Sophie Grégoire-Trudeau honorary chair of gala

Sophie Grégoire-Trudeau will be the National Arts Centre gala's honorary chair, the NAC announced Monday, continuing a years-long tradition.

Grégoire-Trudeau is the fourth prime minister's wife to take up the mantle after Laureen Harper, Sheila Martin and Aline Chrétien. The gala is the NAC's major annual fundraiser.

"I've been impressed by the work the National Arts Centre is doing to support the performing arts in Indigenous communities," Grégoire-Trudeau said in a release. "The NAC's Music Alive programme is doing ground-breaking work in the Arctic, and with children who live in rural and remote regions of Canada. I'm proud to support those efforts."

The gala has raised more than \$11.6 million over the past 19 years for the National Youth and Education Trust, which supports young Canadian artists. This year's event will take place Oct. 22.

MICHAEL WOODS/METRO

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UNIVERSITY OF OTTAWA

Ordinary apples transformed into biotech factories in the lab

At a University of Ottawa science lab, artists and scientists have come up with a remarkable biotechnology innovation using the humble apple.

By removing the cells from a slice of apple but leaving the cellulose "scaffolding," lab researchers were able to then implant human cells and grow them inside the framework of the apple.

"We just tried it, and the amazing thing was it worked right out of the gate," said Andrew Pelling, the associate professor who runs the Pelling Laboratory for Physical Manipulation.

Pelling didn't patent the technique. Instead he released the information on how to do it so that not just scientists, but anyone interested in doing it themselves could try.

He envisions the do-it-yourself culture taking hold of the technique and changing the way people work with their own bodies in the future.

"Instead of somebody hacking together some project in a garage that's electronic and then releasing it on the Internet, you can hack together in your garage a new organ for yourself and release the plans for that online," he said of his



Apples could grow organs. JEFF BASSETT/TORSTAR NEWS SERVICE

vision.

Pelling and his students ended up developing their technique using an apple quite by accident. They had been trying to do the same thing with meat, getting rid of cells in the meat and growing another animal's cells in the leftover structure. Then it occurred to them they could use plants.

One of Pelling's students, Daniel Modulevsky, stumbled upon the idea of apples after seeing another student eat one.

"So we tried it, because that's what we do here. We just tried it," said Pelling.

The discovery is at least partially a result of the lab's philosophy of "unapologetic curiosity," said Pelling.

The lab includes bio-artists — people who manipulate biology as an art form — who have at times been at the forefront of innovation, with science struggling to keep up, said Pelling.

Asked whether he considers the general public playing with implanting their own cells into fruits an ethical issue, Pelling said it definitely raises ethical questions, though he said he is more concerned with the ethics of rising health-care costs and how his lab is funded.

"This whole lab is publicly funded. The taxpayer paid for this work," he said. "I don't feel right about patenting something the public paid for and then profiting off it."

ADAM KVETON/METROLAND MEDIA

Domestic-violence victims find haven for beloved pets

SAFE PET

Women on the run no longer have to make painful choice

For many women trying to escape domestic violence, leaving their beloved pets behind or permanently surrendering them is not an option.

One of the only programs of its kind in Ontario that provides foster care for these pets, SafePet Ottawa has quickly become a much-needed lifeline, allowing more women, children — and their pets — to escape the dangers they face.

"The whole idea of SafePet is that the animal that has been your only comfort, your only friend, should not be taken from you," said Ayala Sher, president of the charitable organization.

SafePet co-ordinators match the animal to the right foster, who will then go to a participating vet clinic to pick up the dropped-off animal. The foster never meets the pet owner.

Women and their pets both need protection "because in 61 per cent of the cases done in a survey of animals left behind, (pets) were killed in retribution for leaving," Sher said.

She can also point to stats

dating back to 1998 that reveal 48 per cent of women in Ontario who should have exited into a women's emergency shelter actually weren't leaving because they were afraid to leave their animals behind.

A 2000 study by the Ontario Society for the Prevention of Cruelty to Animals found that 44 per cent of women in shelters reported their partner had killed or abused one or more of their pets, according to the Canadian Federation of Humane Societies.

Keri Lewis, executive director of Nelson House, a 15-bed Ottawa-area women's shelter, said staff regularly get calls from women trying to escape violence who want to bring their pets. Nelson House

can't accommodate animals because of allergy concerns.

Before SafePet, a woman might take her pet to a friend, neighbour or relative.

"But other times there was just no one, there were no resources, and so a woman would be in this position where they would have to choose to leave their pets behind," Lewis said. "But that's not a good choice because often abusive partners or men will threaten to kill the pets or have hurt the pets in the past, so they don't want to leave them in the home."

ADAM KVETON/METROLAND MEDIA



A woman holds her cat in this photo illustration. ADAM KVETON/METROLAND MEDIA

INFANT CARE

U of O nursing spot open

The University of Ottawa's graduate student association has opened a breastfeeding room for student mothers.

The room, in the Jock Turcot University Centre, is equipped with free diapers, comfortable chairs, a small fridge, a microwave and a change table.

It's a quiet and cosy space where students can nurse their infants in a comfortable environment, said Lindsey Thomson, the external commissioner of the graduate students organization, GSAED.

"We want to provide our students the opportunity to go somewhere where they can relax and be comfortable with their child," Thompson said.

"It's also a way to get away from the hectic stress of campus life."

Thomson said rising tuition fees and debt pushes students to stay in school longer, making the need for such a facility even greater.

"The number of student parents is only going to increase with the hike in fees," Thomson said.

GSAED had been working on getting a designated facility for nursing students since 2014. Its two-year campaign for the room started with holding a panel of experts in to talk about the subject.

The association then flooded campus with buttons, posters and flyers to inform students about the need for a nursing room and to push the university towards the idea.

ALEX ROBINSON/METROLAND MEDIA

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A mild, melting mess

With temperatures reaching as high as 4 C on Monday, the Rideau Canal looked more ready for spring than an upcoming weekend of Winterlude skating. Here's how the balmy weather has impacted the city ahead of the festival's second weekend. **LUCY SCHOLEY** METRO



ALL PHOTOS LUCY SCHOLEY/METRO

- 1 Drooping sculptures** — A goose ice sculpture was dripping at Confederation Park on Monday, as warmer weather smoothed over the details in many carved pieces.
- 2 Soggy skating** — It's not hard to see why the Rideau Canal closed on Sunday evening.
- 3 Losing limbs** — An arm fell off this "King of the Forest" ice sculpture at Confederation Park.
- 4 Lucky buck** — This ice sculpture was surprisingly still intact on Monday. But Environment Canada is predicting a high of 7 C on Wednesday.
- 5 Taking cover** — Other ice sculptures in Confederation Park were covered with tarp to stave off the warmth.

WINTERLUDE

Fingers crossed for chilly air



Lucy Scholey
Metro | Ottawa

While this warm winter spell is balmy compared to last year, Winterlude organizers are crossing their gloved fingers for cooler weather on the weekend.

The 4 C start to the work-week did not bode well for the ice sculptures in Confederation Park. On Monday, several pieces of ice were scattered among some of the carefully carved pieces, while layers of tarp covered others.

A series of snow sculptures for Snowmania in the Glebe started to droop. One in the likeness of comedian Mary Walsh was rendered indistinguishable, save for Marg Delahunty's "Princess Warrior" dress.

The Snowflake Kingdom at Jacques Cartier Park was closed, since any sledding could damage the slides.

And it will get worse before it gets better. Environment Canada is predicting a stormy mix of freezing rain and snow Tuesday night. It will turn to rain with a high of 7 C

on Wednesday. Then, temperatures will drop to below zero on Thursday, which will have National Capital Commission (NCC) crews scrambling to get the ice ready for skaters.

"At this point, all we can do is watch the temperature and then take any measures that we can to help protect the sculptures, help protect the site to make sure they're ready for the second and third weekend," said Winterlude spokeswoman Katherine Cyr. "Hopefully, Mother Nature will be on our side for next weekend."

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ANIMAL ABUSE

Dog on the mend after brutal attack



Yvette d'Entremont
Metro | Halifax

A dog that was repeatedly kicked in his genitals until he urinated blood is expected to make a full recovery.

Annette Armitage with the Halifax-based Animal Rescue Coalition (ARC) said the dog now being called King Edward was surrendered to animal control last week.

"We originally thought he had (testicular) cancer, but no — the vet determined he was probably booted repeatedly in the privates area," Armitage said Monday.

"They still have to express his penis on a regular basis because of the fluid buildup."

The dog's genital area is still very swollen and he occasionally winces while playing, but overall he's doing well. Armitage said cases like this highlight an issue that has always



King Edward HANDOUT

existed but has been brought to the forefront thanks to social media.

Due to the nature of King Edward's injuries he's still being fostered with a veterinarian. When he no longer requires regular vet care he'll go to a foster home before being put up for adoption through ARC.

"This little guy ... you would think he would be terrified and distrustful of humans, but he loves everyone," she said.

IN BRIEF

Rooftop rebels warned

Toronto Police Const. David Hopkinson has arrested his fair share of rooftopers, a nickname for the daredevil photographers who climb atop skyscrapers to snap vertigo-inducing pictures of the world below. He expects it's just a matter of time before one of them in Canada dies. Last year, at least two deaths were linked to rooftoping.

THE CANADIAN PRESS

Candidate's name in lights

A Feb. 11 Ontario byelection is starting to resemble a comedy skit. One candidate legally changed his name to Above Znoneofthe so he appears last on the Whitby-Oshawa ballot, inviting voters to literally pick "none of the above" in name and concept. But another candidate, directly above him on the ballot, is the leader of a party called "None of the Above."

THE CANADIAN PRESS



Jian Ghomeshi leaves a Toronto courthouse after the first day of his trial on Monday. FRANK GUNN/THE CANADIAN PRESS

Attacks were 'almost like rage': Testimony

GHOMESHI'S TRIAL

Witness says accused rapidly changed from sweet to violent

The sex assault trial of former CBC Radio host Jian Ghomeshi began this morning with testimony from a woman who described his demeanour changing rapidly from sweet and humble to "almost like rage."

The woman, whose name is subject to a publication ban, told the court that her initial impression of Ghomeshi was that of a perfect gentleman who drove a car straight out of a Disney movie.

So when he first yanked her hair back hard for two or three seconds as they sat kissing in his car after a taping of his CBC TV show in 2002, she was stunned and began to minimize what happened. "Maybe he doesn't know his own strength," she said she thought.

She said she noticed him switch from nice to what felt "almost like rage that wasn't there the seconds before he did it." After he pulled her hair, she said, he said something like, "do you like it like that" or "do you like this?"

She did not, she told the court.

But he switched back to charming and she agreed to come to another taping the next month, this time with a friend, she said.

She ended up going back to his place, she said. As they stood

kissing, he suddenly grabbed her hair again, she testified — "really hard, harder than first time he did it."

Then he punched her in the head multiple times with what felt like a closed fist, she testified.

"I'm terrified; I don't know why he is doing this," she said. "I don't know if he is going to stop. Can I take this pain?"

As she was crying, Ghomeshi said she should leave and called her a cab, she said. He did not ask if she was OK, she said.

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IN BRIEF

UN declares 'official beginning' of Syria talks

The UN special envoy for Syria announced the official start of peace talks Monday between the Syrian government and opposition leaders, hoping to keep a wobbly process alive and compel world powers who helped set the stage for the talks to do more to bring about a ceasefire in a five-year war. Staffan de Mistura said the mere arrival of a delegation from the main Syrian opposition group, the High Negotiations Committee, at the UN offices in Geneva was enough to allow him to declare the talks formally open. THE ASSOCIATED PRESS

ISIL-victims advocate, pontiff among Nobel Peace nominees

Nadia Murad, a woman who champions the rights of rape victims of the Islamic State of Iraq and the Levant (ISIL), is among the candidates for the 2016 Nobel Peace Prize, as the nomination window was set to close Monday. Pope Francis and the Afghan women's cycling team are also nominated. The Norwegian Nobel Committee typically receives more than 200 nominations for the prize, and keeps candidates secret for 50 years. THE ASSOCIATED PRESS

Thousands of young migrants unaccounted for

Authorities dealing with Europe's migrant crisis have lost track of about 10,000 unaccompanied children amid fears that organized crime gangs are beginning to exploit the vulnerable youngsters, a senior official at the European Union's police agency said Monday. THE ASSOCIATED PRESS



Chinese artist and activist Ai Weiwei lies face down on the beach on the Greek island of Lesbos. Weiwei has recreated the famous image of three-year-old Syrian Alan Kurdi, who drowned in Turkey last year, by staging a photo of himself lying along the Greek shoreline. ROHIT CHAWLA/INDIA TODAY VIA THE ASSOCIATED PRESS

Artist stages photo of drowned Syrian boy

REFUGEE CRISIS

Chinese activist faces backlash over recreation of Kurdi image

The pose is hauntingly familiar — face down, arms extended, lifeless.

Chinese artist and activist Ai Weiwei has recreated the image of drowned Syrian toddler Alan Kurdi, who put a face to the Syrian refugee crisis when his body washed ashore in Greece last year.

Taken on a pebbled beach on the Greek island of Lesbos last week, Ai's photo is said to be "a tribute" to Kurdi.

"Ai Weiwei believes that artists don't have to be more political, they just have to be more human," India Today, which took the image as part of the magazine's Art Awards 2016 International Spotlight, said in a statement.

Photographer Rohit Chawla snapped the photo of the artist in Lesbos, where Ai is working on a memorial to the refugees "in order to highlight their plight and spread the message of peace, brotherhood



Ai Weiwei TORSTAR NEWS SERVICE

and trust."

Like much of Ai's work, the image garnered mixed reactions. Some lauded it as "power-

ful" and thanked the artist for "keeping alive the memory of Alan Kurdi."

Kurdi drowned alongside his brother and mother last September while the family attempted to make the dangerous Mediterranean crossing to Greece.

The image of Kurdi's lifeless body caused shock and grief among people around the world and pushed governments to address the plight of the refugees.

Ai has been posting images and videos online of many refugees arriving in Lesbos, including one in which he is holding up a sign that reads, "Safe Passage." TORSTAR NEWS SERVICE

ZIKA VIRUS

Outbreak of defects a threat, says WHO

An outbreak of birth defects and neurologic disorders linked to the Zika virus meets the criteria for a global health emergency, the World Health Organization said Monday.

WHO director-general Dr. Margaret Chan made the declaration following an emergency committee meeting held earlier in the day.

This is only the fourth time since 2009 that the UN health agency has declared a "public health emergency of international concern" under the International Health Regulations, with previous declarations made for H1N1, polio, and Ebola.

"After a review of the evidence, the committee advised that the clusters of microcephaly and other neurological complications constitute an extraordinary event and a public health threat to other parts of the world," said Chan, who accepted the recommendations of an expert panel.

Dr. David Heymann, chairman of the committee, clarified that the emergency is not being called over Zika specifically, but the cluster of neurologic disorders currently being linked to the virus, which lacks a vaccine or effective treatment.

The virus is spread by a day-biting mosquito called the *Aedes aegypti*, which can be found in every country in the Americas except Canada and continental Chile. TORSTAR NEWS SERVICE



Health authorities have issued a global alert against the *Aedes aegypti* mosquito.

MARVIN RECINOS/AFP/GETTY IMAGES

SOUTH AFRICA

Intensifying drought hits national park's wildlife population

Hippos in South Africa's biggest wildlife park are increasingly grazing during the day rather than staying in rivers and pools as usual, a sign of an intensifying drought expected to kill some animals in the weeks ahead.

However, officials in Kruger National Park described the extremely dry period as a natural way of regulating wildlife populations. And while the park's management makes water available to animals in some parts of the park, they don't plan any major intervention to try to save animals from a drought



You end up with a stronger genetic pool in the end.

Izak Smit, national parks service ecologist

afflicting southern Africa.

Buffalos are also expected to suffer heavily if substantial rains don't arrive soon, according to authorities in Kruger park, which borders Mozambique and Zimbabwe. Rainfall in Kruger is 40 to 50 per cent of the average for this time of year.

Park officials said lions and some other predators should benefit from the drought by

taking advantage of weakened prey.

"You've got winners and you've got losers. This is nature's regulatory thing," said Izak Smit, an ecologist for the national parks service.

Hippos are in particular trouble because they can't graze as widely as other animals and are very territorial, always returning to the same spot, he

said. Hippos, which tend to graze by night and stay in water by day, have been seen grazing during the daytime more often in Kruger as they struggle to find food, according to Smit.

A drought in the early 1990s reduced Kruger's buffalo population by more than half to about 14,000, but the buffalo population has since rebounded to more than 40,000, according to park data.

"You end up with a stronger genetic pool in the end, with the animals surviving these dry periods," Smit said.

THE ASSOCIATED PRESS



A line of buffalo stand on a ridge next to a watering hole in Kruger National Park, South Africa. Buffalos are expected to suffer heavily if substantial rains don't arrive soon, according to park authorities. THE ASSOCIATED PRESS FILE

Canadians hoard cash

MARKETS

Investors have \$75 billion in reserves, CIBC study finds

Canadians are holding a record \$75 billion in extra cash and continue to sock away money at a rate not seen in more than four years, according to a new report from CIBC World Markets.

Normally that extra money would be invested in equities, but the study found that nervousness over volatility in the markets has many Canadians reluctant to take the plunge.

According to the study, excess cash reserves held by Canadians have risen notably since the 2008 financial crisis.

In the past year alone, cash positions are estimated to have risen more than 11 per cent — the fastest pace since early

2012 — reaching \$75 billion as of December 2015.

That figure represented almost 10 per cent of the total value of overall personal liquid assets in Canada.

"We are currently witnessing the creation of personal cash buffers larger than at any other time on record," said Benjamin Tal, deputy chief economist at CIBC World Markets and a co-author of the report.

"Consistent with past behaviour, Canadian investors have used current market volatility as an excuse to let cash pile up in their chequing and savings accounts," Tal said.

The report finds that all Canadians, young and old alike, are making cash a bigger part of their portfolios.

"But, strikingly, those under 35 — the farthest away from retirement — are holding twice as much cash as those over the age of 65, about 33 per cent versus 15 per cent," CIBC said.

THE CANADIAN PRESS



A hen in a Canadian cage-free barn. Enough farmers have to shift to the more animal-friendly practice before they can supply eggs to the roughly 4,800 Tim Hortons locations in Canada and the U.S. COURTESY WORLD ANIMAL PROTECTION/TORSTAR NEWS SERVICE

RESTAURANTS

Big chains hatch cage-free eggs plan

The parent company of Tim Hortons and Burger King announced Monday it is committed to serving cage-free eggs in Canada, the United States and Mexico by 2025.

Restaurant Brands International joins a growing list of restaurants that have promised to dish up eggs only from hens that have not been confined to cages as pressure from customers for ethically-sourced food ramps up.

"Canadians and consumers around the world aren't OK with hens being crammed into tiny cages for their entire

lives," said Sayara Thurston, campaign manager with the Canadian wing of Humane Society International, which has worked with dozens of brands to help them create similar goals.

Denny's, for example, has promised its U.S. restaurants will serve only cage-free eggs by 2026, McDonald's has committed to doing the same at its Canadian and American locations by 2025, and Starbucks plans to meet that goal by 2020.

Thurston said it takes so long to meet these targets because the farmers who supply

the eggs need time to implement cage-free systems. "We understand that change can't happen overnight," she said.

Enough farmers have to shift to the more animal-friendly practice to supply the roughly 4,800 Tim Hortons locations in Canada and the U.S.

Despite the nine-year timeline, Humane Society International hopes Tim Hortons and Burger King will be able to achieve their goal before 2025, Thurston said.

But already, Burger King is poised to miss one of its previous goals. The fast-food chain announced in 2012 that it would be using only cage-free eggs in the United States by 2017. That goal has now been extended to 2025, said Thurston, lumped in with the company's Canadian and Mexican locations.

THE CANADIAN PRESS

IN BRIEF

Corus launching live events division

Corus Entertainment says it's expanding in the live events business, starting with a country music festival in Kitchener, Ont., in July. Future Corus Live events will be built around its brands for kids, families and women.

THE CANADIAN PRESS

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EMMA TEITEL: ON HAPPINESS HOKUM

Provided that you know what it is, how do you gauge its presence? Is it measured best moment by moment, in individual bursts of elation or slowly, over a long period?



The Angus Reid Institute on Monday released the results of a survey quantifying Canadian happiness. The verdict? Of the roughly 1500 Canadian adults surveyed online in December, 16 per cent said they were “very happy,” 18 per cent said they were “not too happy,” and the majority — 63 per cent — said they were “pretty happy.”

The prevailing result — “pretty happy” — is so Canadian it hurts; a glorified “I guess so,” it suggests that most of us are either too modest to profess our happiness outright, or too polite to despair.

But the result, in true Canadian fashion, is also inherently sensible. It reveals a reluctance to measure in absolute terms a feeling that is forever hard to put your finger on. For starters, what is happiness, anyway? And provided that you know what it is, how do you gauge its presence?

Is it measured best moment by moment, in individual bursts of elation, or slowly, over a long period of time? If you're miserable in January but February is looking up (though it rarely is), are you officially happy, or is your new mood merely a sunny blip in an otherwise blue existence?

Happiness indexes are an increasingly popular way by which experts measure a nation's success.

Yet, despite the numerous challenges involved in measuring happiness we do it all the time. And we do it in droves.

Canadians aren't the only happy — or “pretty happy” — citizens on the planet. According to an-

popular way by which experts measure a nation's success (as opposed to, say, looking at its GDP), but this method is inherently flawed. Why?

Mark D. White, chair of philosophy at City University of New York (in

sum: different strokes.

But there's a far greater danger (beyond imprecise definition) in humanity's apparent obsession with the Happiness Olympics — the danger of complacency. Happiness surveys, says White, may make “people in First World countries less sympathetic to people who actually need help.”

For example, someone might conclude after hearing that Libya is a generally happy nation (perhaps even as happy as Canada) that the country doesn't require or deserve aid; that an admission of happiness by a country's population decreases the perceived severity of the country's problems. This danger doesn't merely apply to nations facing mass poverty or political unrest, but to nations like our own.

We know that depression is under-reported in Canada — and that suicide may be as well — so what is the purpose of a survey model that suggests to the wider world that things are looking up when in fact they aren't? The answer is simple: There is none.

Happiness surveys with positive results make for fun, fluffy stories that boost civic pride. But they also foster a culture of complacency and self-deception, in which we ignore our problems and pat ourselves on the back for no good reason. And that is pretty sad.

Emma Teitel is an award-winning national affairs columnist with the Toronto Star who writes about anything and everything. She got her start at Maclean's Magazine where she wrote frequently about women's issues, LGBT rights, and popular culture.



THE PICTURE OF HAPPINESS? Surveys showing high rates of happiness in developing countries such as Libya (above), give Westerners a pass to ignore the world's problems, Emma Teitel writes. KARIM MOSTAFA /ISTOCK

other recent study, by polling association WIN/Gallup International, Saudi Arabia is the third happiest nation in the world. And Libya — according to yet another happiness index — is the happiest country in Africa.

The list goes on and on. Happiness surveys and their suspiciously positive results are now more pervasive in the international news cycle than personality quizzes in Cosmopolitan. But there may be some very unpleasant consequences to the abundance of these surveys circulating the globe — namely that policy analysts are beginning to take seriously survey results that are vague and possibly dubious.

For example, happiness indexes are an increasingly

ROSEMARY WESTWOOD

metroview

Day 1 of Ghomeshi trial: Wobbly witness memories vs. piranha

She's not called a 'piranha' for nothing.

Marie Henein, the lawyer defending Jian Ghomeshi against four charges of sexual assault and one of choking, dominated the Toronto courtroom where his trial began on Monday.

We're used to hearing sexual assault cases dubbed “he said/she said.” But this was “she said/she said.” Henein calmly dissected away at the witness's statements made in media interviews, police interviews and emails over a year ago, and pecked, pecked, pecked at details until the cracks in memory and discrepancies with Monday's testimony showed.

It was lawyerly excellence, and exactly what keeps sexual assault victims off the stand.

There was the matter of whether the witness was wearing hair extensions in 2002 (an issue that took 15 minutes to sort out), and whether it was she or Ghomeshi who was “smitten” (her friend had given testimony that the witness was the keen one).

There was whether he bashed her head into the car window, or whether she and Ghomeshi were kissing when he pulled her hair the first time, a detail that appeared in her testimony Monday, but not in interviews with the media.

How could the witness re-

member Ghomeshi's yellow Volkswagen bug so vividly, Henein wondered, since Ghomeshi had not owned it at the time? And why had the witness agreed with police in 2014 that Ghomeshi yanked her head back against the car seat, if it was actually, as she testified Monday, back towards the car window?

“Where do you say, ‘No, no, no, you've got it wrong.’ Where is that?” Henein asked about the police transcript.

At the breaks, reporters gathered in the hallways to marvel at Henein's performance. One quipped she'd want Henein as her lawyer if she ever choked her husband. In Henein's hands, a straightforward account of events lost its way. It's hard to imagine a story that wouldn't.

But memory doesn't walk a single line. It's easy to believe that someone recalled details of an event at different times, as the witness said. And yet, a trial isn't about whether someone is believed, it's whether they're believed enough.

What matters is this: Will the witness's jumbled memories be enough to convince the judge there is reasonable doubt that the alleged assaults actually took place?

Against this standard, Day 1 feels like a decided win for Henein, and perhaps a warning against any sexual assault victim who would take the stand and face her.

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Yoga bent into shape

Is there a right or wrong way to practise yoga? It pops up a lot in headlines — beer yoga; bunny yoga; rage yoga; concerns about cultural appropriation of yoga at the University of Ottawa's Centre for Students with Disabilities. Metro talked to five instructors across Canada about how they got into yoga, what their practice means to them, and how they feel about teaching an Eastern tradition. Responses have been condensed. **EMINA GAMULIN/METRO CANADA**



COURTESY HOLISTIC FAMILY TRAVELS

Jolene D'entremont, owner Yoga ON, Halifax

The first access I had to yoga was a black and white book called The 28 Days of Yoga. Back in the day, access to yoga, especially in Halifax, was limited. I got pregnant and afterwards experienced quite a bit of postpartum depression and found an Ashtanga class that I would go to once a week. I found that after the classes I would come out and feel like the whole world had opened up.

I now do goalie camps for elite goalies who are going to the NHL. More people practising some sort of mindfulness practice can only be good.

Roslyn Sutherland, Serene Yoga Studio, Winnipeg

In my late 20s, early 30s, I had several surgeries and a couple of car accidents. I needed a way to get healthy. So I went back to yoga and I've been doing it ever since. That puts me close to 30 years of self-practice. Yoga speaks to the physical body, it speaks to the mind. It's given me tools so I can cope with my monkey mind. It's helped me emotionally when I'm feeling out of sorts or down. It might sound a little melodramatic, but it's almost been a lifesaver for me.

Coming from a people that have had this sort of thing (cultural appropriation) happen to them as I understand it — if you as an individual or organization enjoy something from a specific culture, and that culture is not your culture, I just believe you should pay homage to that culture.



COURTESY ROSLYN SUTHERLAND

Katrina Prescott, Kundalini yoga teacher, Vancouver

I didn't like yoga, I couldn't stand it. I was born and raised in Vancouver but I lived in New York at the time when the yoga craze started. It seemed like rich, white, thin, model women were doing it and it wasn't for me. I guess about three years ago I was going through a kind-of crisis. My friend who had been trying to get me to go to Kundalini yoga for a long time was like 'Let's just go.'

It is very challenging sometimes to go to a yoga studio and have a teacher that doesn't seem to be very conscious, for a lack of a better term. However, I am now shifted in the thinking that in yoga, if you're tuning into your own self, your own body, being in the moment, even for one moment ... We need that on this planet. Desperately.



JENNIFER GAUTHIER/FOR METRO



COURTESY BOBBY SINGH @FOHPHOTO

Suzanne Gracan, owner FitZonePLUS, Toronto

I was an athlete and I climbed mountains for fun, that was a weekend for me. In 2001 I had a fall; it was nothing related to sports whatsoever, and I couldn't walk for two years. It took me eight years to rehabilitate completely. During that time I went from being a very, very athletic, let's say size 10, to 365 pounds at my largest. I decided to try yoga again. Nobody was outright rude but there was just a sense of 'Oh my God, what am I going to do with this person?'

Sixty per cent of my clients are plus sized, 40 per cent are just average-type people. So when you're in a class you don't have to worry about, 'Is my fat roll hanging out? Am I wearing the right clothes?' (Yoga) is different things to different people, but because of this image of what it is — and it's an image of inaccessibility — most people will never try it.

Gourav Verma, co-owner Gyan Yoga, Toronto

I was in the school yoga team (in New Delhi) and we entered a few yoga competitions and I won a few of them. This yoga was mainly based on yoga poses, let's call it a kind of exercise. I wanted to learn more, and luckily the mountains were pretty close. So I went over there and I learned it there, the spiritual part of it. It doesn't come just right away, it takes some time.

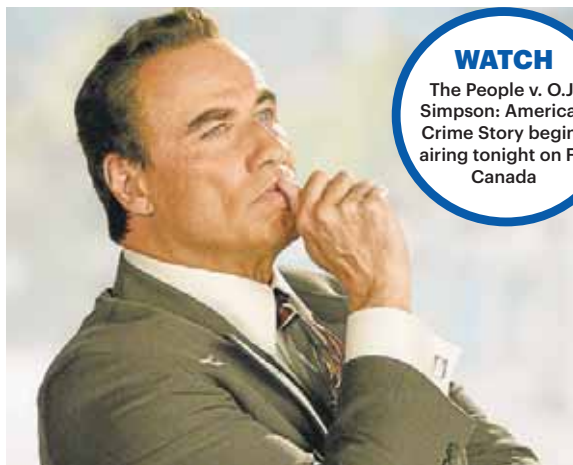
The Hindu religion and yoga, you can keep them separate. Nowhere in yoga books does it say only Indian people are entitled to teach this thing. Anyone who learns even just the physical aspect of it can teach it, why not? It's an amazing thing. People love it. But if they don't understand the spiritual knowledge, at least don't spread the false knowledge. I don't think they're stealing anything, but I don't know, maybe in a hundred years — everything changes — that would be too much (laughs).



COURTESY GYAN YOGA

REMEMBERING THE O.J. TRIAL

O.J. Simpson's trial for the murder of Nicole Brown Simpson and Ronald Lyle Goldman stretched from November 1994 to October 1995 and has been described as the most publicized trial in American history. What were the stars of *The People v. O.J. Simpson* doing at the time? TORSTAR NEWS SERVICE



WATCH

The People v. O.J. Simpson: American Crime Story begins airing tonight on FX Canada

1 John Travolta (Robert Shapiro)

"I was in the middle of a Pulp Fiction resurrection," says Travolta, who plays Simpson's defence lawyer. "I had a new career. I was happy." Pulp Fiction had just won the Palme d'Or at the Cannes Film Festival as the trial began. Travolta's father, who was a football coach, was obsessed with the case. "So I had my dad at the sofa watching every second of it, from the car chase on."



2 Cuba Gooding Jr. (O.J. Simpson)

Gooding was shooting *As Good as It Gets* with Jack Nicholson, but he was about to achieve fame for shouting "Show me the money!" as an NFL football player in Cameron Crowe's *Jerry Maguire*.



3 Sarah Paulson (Marcia Clark)

Paulson had just landed her first regular TV gig — as a ghost — on the horror series *American Gothic*. She remembers watching the White Bronco chase. "I was 19, I think. I was at my friend's house in Brooklyn. We were watching some other show and this damn Bronco thing — we knew O.J. from the *Naked Gun* movies."



4 Courtney B. Vance (Johnnie Cochran)

Vance was in Toronto shooting the TV movie *The Boys Next Door* with *Scandal* star Tony Goldwyn when the verdict came down. "I cheered," Vance told a reporter. Goldwyn screamed "No!" Their reactions, split across racial lines, were happening in homes and offices across North America.



5 David Schwimmer (Robert Kardashian)

"I was living in L.A., so I was very aware of the tension here," says Schwimmer, whose run on *Friends* began just as the O.J. trial got underway. "You could feel it. It was palpable in the city. And then this crazy thing of a career break of a lifetime happened."

FOOTBALL

Lead up to Superbowl boasts big acts

The Super Bowl takes place a week before the Grammys, but the big game is rivaling the awards shows with a plethora of live concerts and on-site musicians, from the Red Hot Chili Peppers and Metallica to Pharrell and Skrillex.

Alicia Keys, OneRepublic and the Band Perry will perform at concerts on Saturday, Friday and Thursday, respectively. Dave Matthews Band

will take the stage Thursday, Nick Jonas will perform at the annual ESPN The Party event on Friday, while Avicii, Elle King and Travis Scott will perform at a Rolling Stone magazine party Saturday.

Though Super Bowl 50 will be held at Levi's Stadium in Santa Clara, Calif., most of the concerts and parties will take place in San Francisco in the lead up.

THE ASSOCIATED PRESS



Pharrell. GETTY IMAGES

JOHANNA SCHNELLER WHAT I'M WATCHING

Award shows need reactions

THE SHOW: Screen Actors Guild Awards (Global)

THE MOMENT: The Reaction Shots

Amy Poehler and Tina Fey give a heartfelt introduction to lifetime achievement honoree Carol Burnett, which includes Fey's line, "Carol was the boss. We realized we could get paid to make comedy with our friends — and also be their boss."

Then Burnett describes how CBS honchos tried to talk her out of doing her landmark *Carol Burnett Show*: "All the comedy/variety shows are hosted by men," Burnett quotes them.

"It's really not for a gal. Comedy/variety is a man's game." She shakes her head no. The audience applauds.

Or at least, I'm pretty sure they applaud.

Throughout these speeches, it sounds like the crowd is rooting for and relating to what Fey, Poehler and Burnett are saying.

But we at home have to imagine that, because the director doesn't cut to any reaction shots.

To me, reaction shots are the best part of an awards show: watching people who are paid to have calculated reactions, have



Carol Burnett accepts her lifetime achievement award at the Screen Actors Guild Awards. THE ASSOCIATED PRESS

uncalculated ones.

Without them, the speeches feel airless. The unscripted reactions are what we talk about the next day. They become the memes.

Yeah, some of them are gaffes. But I'm not talking about those. I'm talking about the moments of connection (which are rare, but can happen).


We watch films and TV shows because we're interested in see-

ing how other people experience being alive. We watch awards shows to further humanize the people who do that for us.

Witnessing spontaneous reactions is a big part of that.


Without them, it's just noise.

Johanna Schneller is a media connoisseur who zeroes in on pop-culture moments. She appears Monday through Thursday.



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THIS WEEK: What Causes Bad Breath?



ISTOCK

Get your heart pumping properly

When it comes to cardiovascular health, prevention is key. NutriChem, a naturopathic health clinic and compounding pharmacy in Ottawa, has been helping people achieve optimal heart health for more than 30 years.

NutriChem's Body Chemistry Balancing (BCB) Test uses blood and urine samples to study more than 60 biochemical markers. "Balancing cholesterol is not the only preventive measure people can take" says NutriChem's naturopathic doctor Tanya Manikkam. "Regulating other things like blood sugar levels and inflammation in the body are equally as important".

The BCB Test includes cholesterol testing, blood sugar regulation assessment and inflammation evaluation through a simple blood test that measures high-sensitivity C-reactive protein (hs-CRP). Important nutrients for heart health such as CoEnzyme Q-10 and vitamin E are also evaluated.

While it is important to know your cardiovascular biochemistry before a NutriChem clinician or nutritionist makes any recommendations, supplements are also available in store.

"Our staff is knowledgeable in recommending supplements," says one of NutriChem's registered holistic nutritionists, Laura Simpson. "Additionally, a pharmacist

SUPPLEMENTS TO HELP THE HEART

- Omega 3 Fish Oil, which helps regulate cholesterol and blood pressure and helps to reduce blood clotting;
- Magnesium, an essential mineral for heart function that helps regulate blood pressure and heart palpitations, and supports heart muscles and arteries;
- CoEnzyme Q-10, a natural antioxidant that supports heart health, capillary integrity and helps to reduce blood pressure;
- Hawthorne, a herbal extract taken in liquid form that helps pump blood more efficiently, regulates blood pressure, and helps reduce plaque buildup in arteries;
- Garlic, which supports healthy blood pressure, as well as cholesterol levels and homocysteine levels, which can contribute to plaque buildup.

is always available to determine if there are any contraindications for medications that a person may be taking."

For more information, visit one of NutriChem's two Ottawa locations (on Richmond Road and St. Laurent Boulevard), or go to nutrichem.com.



Your heart will love you again!

Find out if your heart is working optimally by getting your Body Chemistry Balancing Test!

"My cholesterol levels dropped 2 points in 3 months. WOW!" – Jennifer, Ottawa

Get the most comprehensive testing available paired with the most detailed consultation you will ever have. NutriChem will create your very own personalized vitamin and mineral formula to help you achieve optimal heart health.

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East-End Clinic & Retail Store

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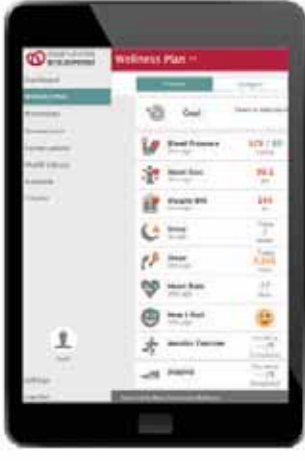
ISTOCK



ISTOCK



VIRTUAL CARE PROGRAM



For more information or to register, visit pwc.ottawaheart.ca/virtualcare

Managing your heart health online

Around the world, cardiovascular disease is still the No. 1 killer among both men and women. Between family and work commitments and life's constant demands, there is very little time left to dedicate to our heart health. Nowadays, people need fast and convenient health information they can count on to help prevent and manage heart health problems. That's why the University of Ottawa Heart Institute has launched its new online health management system, the Virtual Care Program.

The Virtual Care Program is free and open to residents of the Ottawa-Gatineau region who are at risk of or living with heart disease.

For those at risk, improving risk factors before a heart event could prevent or postpone 33 per cent of all deaths. If you are a person living with heart disease, managing risk factors after a heart event can reduce recurrence up to 50 per cent.

The newly launched program is designed to help men and women modify their lifestyle habits, including losing weight, quitting smoking, exercising, improving nutrition and more.

Individuals may have one or more of the following:

- High blood pressure
- High cholesterol
- Diabetes or high blood sugars
- A strong family history of heart disease
- High stress, anxiety or depression
- A desire to improve their overall heart health

Support and guidance are important for behaviour change. For those who qualify, the new program offers the opportunity for tailored counselling from a Heart Institute health coach. The health coach provides specific health information in real time to help empower participants to become active self-managers of their heart health. Coaches focus on health goals that are meaningful to the participant.

The Virtual Care Program also offers online peer support forums. Participants have the ability to post questions and seek practical suggestions, tips and encouragement from others who are striving for similar health goals.

Whether you qualify for health coaching or not, all participants can benefit from useful tools and resources including wellness trackers, progress reports, a heart health library, and reminders and notifications for milestones, just to name a few. The online program is compatible with electronic devices and activity monitors, such as the Fitbit, so that participants can track all their health information in one single place.

The mobile application allows for on-the-go convenience and is perfect for anyone looking to squeeze a healthier lifestyle into their already busy schedules.

No referral is required. For more information or to register, visit pwc.ottawaheart.ca/virtualcare.

Expand and deepen your knowledge

Are you ready to take your career and yourself to the next level? Are you interested in deepening your understanding of the humanities in a unique setting? Discover Saint Paul University (SPU)'s graduate programs.

Are you inspired by social justice, conflict transformation and reconciliation? SPU offers both a master's and a doctorate diploma in conflict studies.

Would you like to help people in their personal growth and deepen your understanding of human behaviour? The School of Counselling, Psychotherapy and Spirituality offers graduate programs leading to a graduate, master's or doctorate diploma.

Are you concerned about the ethical challenges facing modern society? If so, you might be interested in the graduate or master's diploma in public ethics.

Are you interested in exploring the areas of critical thinking, democracy,



CONTRIBUTED

religious freedom and service of the faith? The Faculty of Theology offers master's and doctorate degrees.

Do you want to better understand the spiritual dimension of leadership, social justice and human development? The School of Transformative Leadership and Spirituality offers a master's diploma in religious education.

Do you need to deepen your knowledge of canon law, canonical practice or ecclesiastical administration to better serve your community? The Faculty of Canon Law offers a graduate diploma and master's and doctorate degrees.

February is a great time to apply. Visit ustpaul.ca to learn about the application deadlines. Contact us at info@ustpaul.ca, or by phone at 613-236-1393.

ALGONQUIN DELIVERS PRACTICAL EXPERIENCE

Employers are often looking for knowledge, and experience. Algonquin College graduate programs are specialized to prepare students to meet the day-to-day demands of graduates' career choices.

Many university graduates are turning to Algonquin's post-graduate certificates to give them a competitive edge.

These programs give students the knowledge and practical experience required to move into management roles or build careers in high-demand industries.

Employers recognize practical knowledge is often not taught in university classrooms.

"I think what was lacking was this type of 'behind-the-scenes' program like this one at Algonquin College, where you are combining theory with the practical approach during the work term, where students get the theory but actually get to understand it and feel a part of a company," says Kelly Huckabone, senior manager, compliance and practical process improvement, Fisher Scientific.

Hands-on learning and networking with industry leaders are the foundation of these



CONTRIBUTED

programs.

"It is intensive, it does not take a long time, it is one year," says Cyril Leeder, Ottawa Senators president on sport business management.

"There is intensive hands-on experience with various employers and there is no better place to do that than right here in Ottawa."

During these programs, students have the opportunity to master tools and software, complete field placements, as well as connect with local industries.

For more information about the graduate certificate programs at Algonquin College, visit algonquincollege.com/postgrads.

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ALGONQUIN COLLEGE

RECIPE Chili Mac



PHOTO: MAYA MISNTEI

Ceri Marsh & Laura Keogh
For Metro Canada

This dish combines two comforting classics — mac and cheese and chili — to make one great, satisfying dish. All the melted cheese on top doesn't hurt either.

Ready in

Prep time: 10 minutes
Total time: 40 minutes

Serves 4

Ingredients

- 1 lb ground beef
- 1 onion, diced
- 3 cloves of garlic, minced
- 1 red, yellow or orange pepper, chopped
- 2 Tbsp chili powder
- 1 tsp cumin
- Salt and pepper to taste
- 28-oz can of tomatoes
- 19-oz can of kidney beans
- 1 cup whole wheat macaroni

- 1 cup or so of grated cheddar cheese

Directions

1. In a large pot or Dutch oven, brown your meat. Drain excess fat from the pot. Add onions, garlic and peppers and stir. Sauté until the vegetables begin to soften. Add spices, salt and pepper and stir. Let spices cook for a couple of minutes.
2. Drain the beans and add them to the pot. Do not drain the tomatoes; you'll want to use the juice. With the back of a wooden spoon, break up the tomatoes. Now stir in the dried pasta. Bring the pot to a simmer and let everything bubble away for about 15 minutes. Taste to check the seasoning.
3. Serve each bowl with a generous handful of grated cheese.

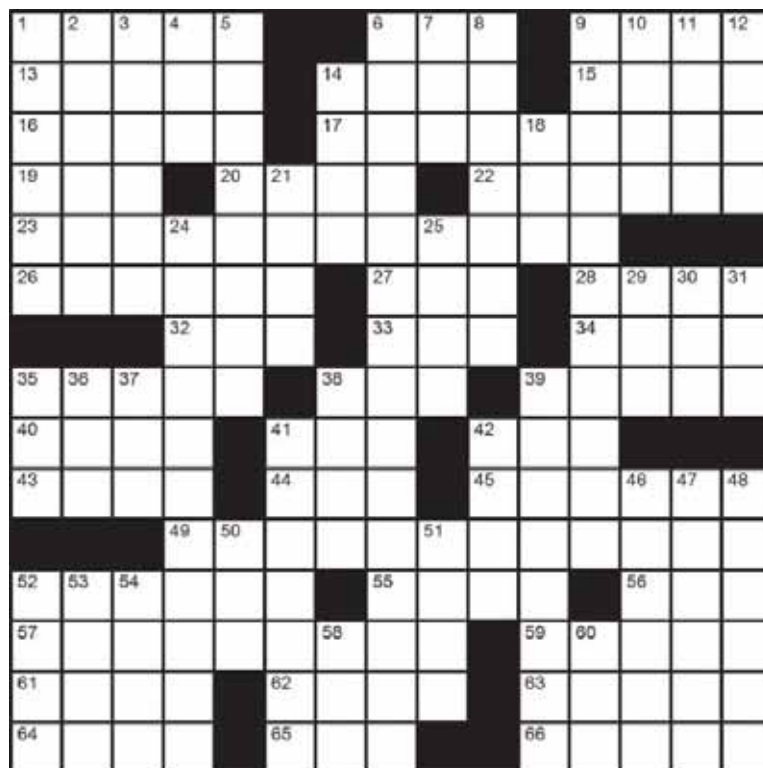
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CROSSWORD Canada Across and Down

BY KELLY ANN BUCHANAN

ACROSS

1. Improperly carry out
6. Basilica bench
9. Cars member Mr. Ocasek's
13. Machu Picchu inhabitant
14. Intro-to-drawing class: wd. + Roman Numeral
15. "___ in the Life" by The Beatles
16. Bea Arthur character
17. Reasons for some helicopter rescue missions
19. NBA's Magic team, on scoreboards
20. Crease
22. Snappy reply
23. Auxiliary
26. Gain
27. Excessively
28. Parrot
32. 'Electron' suffix
33. Holiday ___
34. Present
35. Extra wheel
38. Band-Aid and Xerox, et al.
39. Drum kit part
40. Toronto CFL-er
41. Charge
42. School org.
43. Rover's greeting!
44. Tolkien creature
45. Fix the scarf
49. February 2nd: If the little critter sees his shadow on Groundhog Day, that means there will be how much extra of winter weather?: 3 wds.
52. "Sheesh!":



- 2 wds.
55. Spydom, ___ Hari
56. Stir-fry pan
57. Stanley Park city
59. Kindled again
61. ___ Dinesen (Pen name of Out of Africa writer Karen Blixen)
62. Plant stem

- bump
63. Journeys
64. Thieving flap-pers
65. Long river in Scotland
66. Give the go ahead: 2 wds.

DOWN

1. Champagne/orange juice drink
2. Stuck's three-word saying finisher
3. Create, like Michelangelo
4. Kirk, to Michael
5. Pie portion:

- 2 wds.
6. "Schitt's Creek" on CBC, as an example of one: 2 wds.
7. Wee outerspace inhabitants
8. Famous groundhog of Canada, ___ Willie
9. White-toothed crea-

- ture in "Groundhog" by Chilliwick
10. Prefix with 'logical'
11. Emily the Canadian painter
12. Method, for short
14. Mr. Sandler of ha-has
18. Baltic, for one
21. Poetic nightfalls
24. Menswear department purchase: 3 wds.
25. Negative responses, in French
29. Doubled dance
30. Vertical's opp.
31. Have payments
35. Carpentry tool
36. In favour
37. In times past
38. Condition
39. Jon and Rod
41. Controversial on-mounted-horse with hounds countryside adventure
42. Fashionably 'ready'
46. "What Kind of Fool Am I" by Anthony ___
47. Dixie Cups hit in 1965: 2 wds.
48. "How very, very naughty!"
50. Prefix with 'metric'
51. Uncommon
52. Roman love poet
53. ___ good time (Enjoys)
54. Chew at
58. U.S. gov. radio service
60. Historic time

★ IT'S ALL IN THE STARS by Sally Brompton

Aries March 21 - April 20
If you allow negative thoughts to take over today then negative outcomes will follow. If, however, you make an effort to keep a positive mindset, things should turn out all right. Your mind creates your reality.

Taurus April 21 - May 21
If you're unhappy about something then speak up — but emphasize the positive. Don't get into the mindset of thinking the world is a bad place — it isn't, it's just your attitude.

Gemini May 22 - June 21
Just because someone calls themselves an "expert" does not mean you should accept what they say at face value. Check the facts for yourself and draw your own conclusions.

Cancer June 22 - July 23
There are times when your suspicions are well founded. The planets warn you are right to be doubtful. It's not a good time to commit yourself to anything you can't get out of later.

Leo July 24 - Aug. 23
If you jump to conclusions today you could find out later that you've leapt too far. The planets warn that what you think you see and what is actually there may be two entirely different things.

Virgo Aug. 24 - Sept. 23
Give your brain a rest. If you're typical of your sign your mind is always on the go; that's not always a good thing. Even a Virgo needs some down time. Make this a relaxed day.

Libra Sept. 24 - Oct. 23
It's unlikely that you'll be thinking clearly today and if you let your fears get the better of you it could have costly implications. If someone says you need to act fast or miss out altogether you should be suspicious.

Scorpio Oct. 24 - Nov. 22
No matter how formidable your rivals are you can still defeat them. While they are busy bragging about what they are going to do, you will be the one actually doing things.

Sagittarius Nov. 23 - Dec. 21
Keep your thoughts to yourself today. You may be bursting to tell the world what you know but there is a flaw in your understanding. If you speak too soon you could look silly.

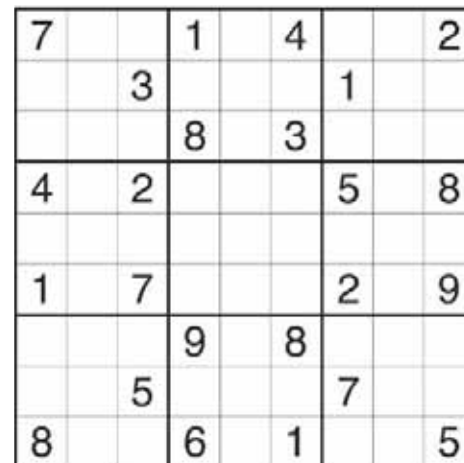
Capricorn Dec. 22 - Jan. 20
If friends and family give you advice today you should listen to it. If you don't you may regret it towards the end of the week. They are not trying to interfere — they are trying to help.

Aquarius Jan. 21 - Feb. 19
Don't expect everything to come easy to you on the work front today or tomorrow. Mars in the career area of your chart may make it look as if others are being obstructive but only because they see you as a threat.

Pisces Feb. 20 - March 20
If trying to figure it out gives you a headache then give up. You don't have to know it all, you don't have to be the best informed. Switch off your brain today.

CONCEPTIS SUDOKU by Dave Green

Every row, column and box contains 1-9



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OVER 1400 CANADIANS OWN A PROPERTY IN ECUADOR

WHY ECUADOR?

Starting in 2010 with the sale of land lots on the Ecuadorian Pacific coast, HolaEcuador, a Canadian company is now into its sixth year offering diversified real estate opportunities and a wide array of services. Every year, the team helps hundreds of Canadians acquire property in South America.

Comfortable year-round climate, a low cost of living (about three times lower than in Canada), an incredible diversity of natural scenery and an efficient and affordable healthcare system with benefits for retirees make Ecuador increasingly attractive to North Americans looking to enjoy a second home under the sun or to retire and relocate to this marvellous part of the world.

80% SOLD

"The development on which we're currently working is a beautiful 130-acre property that sits directly in front of the Pacific Ocean", states Gordon Poole, HolaEcuador's vice-president of design and construction. "It is located 60 kilometers south of Manta. Of the 1,700 lots on the development, there are only about 300 left unsold", he adds.

"Infrastructure is coming along quickly, and construction is well underway, with 150 homes completed and many more starting this year. A beautiful outdoor sports facility is now operational, businesses are beginning to set up shop and the parks are simply breathtaking. A few years from now, this little slice of heaven will be the envy of investors who didn't seize the opportunity", says Poole.

WELL-KEPT SECRET

For now, Ecuador remains a relatively well-kept secret. Properties are much more affordable than in similar destinations. "Prices reflect what was available in Costa Rica 15 years ago, but in a country where first-rate and modern infrastructure is already in place," says Poole.

"The country is amongst the safest in Latin America and the currency is the US dollar, which is very reassuring for investors," adds Poole.

Turnkey home prices on HolaEcuador's Pacific coast development start at Can\$127,500¹, for a two-bedroom, one-bathroom house including land lot.



ECUADOR

- Best country in the world for retirement – International Living, 2009-2013, 2015
- 13th in the world for healthcare efficiency – Bloomberg Magazine, 2014
- Cost of living 3 times lower
- Very accessible residency status
- No hurricanes
- One of Latin America's safest countries

LAND LOTS



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TURNKEY HOMES



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Why HolaEcuador?

To sign a Canadian contract

To make sure you fully own your deed outright

For personalised service and guidance

To choose an ethical company that works in harmony with the people of the region, and in accordance with the laws and rules of the country.

To learn more

HolaEcuador is offering free informational seminars in several locations across Canada. These sessions are the perfect opportunity to discover more about the advantages of property ownership, living and investing in Ecuador. In addition, you'll become familiar with the many attributes of this real estate development as well as the essentials of property acquisition in this beautiful country in Latin America.

Space is limited. Prospective attendees are encouraged to register in advance with the local sales representative.

Free informational seminars

ORLEANS: Sat., Feb. 6, 1:30 p.m.
Quality Inn Orleans, 3363 St. Joseph Blvd

GATINEAU (in French): Tue., Feb. 9, 7 p.m.
Quality Inn & Suites, 111 Bellehumeur St.

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